

# TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve building up in opponent's half in order to create chances

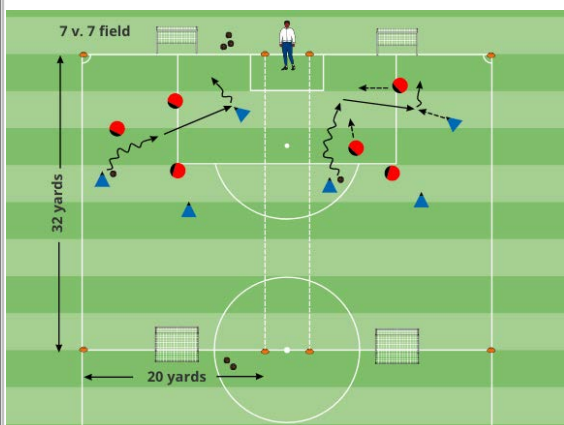
PLAYER ACTIONS: Spread out, create 1 v 1s and 2 v 1s, pass or dribble forward

KEY QUALITIES: Decision-making, reading the game, initiative, proactive play

U9-U10 / 7 v 7 / 12 players

MOMENT: Attacking

DURATION: 90:00 min



## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals.

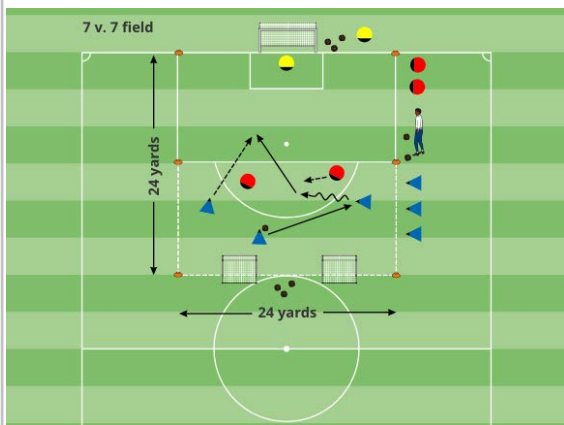
ORGANIZATION: Mark out two 32 x 20-yard fields, each with two mini goals. Teams play 3 v 3. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Opening, take opponents on, head up, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



## PRACTICE (Core Activity): 3 v 2

OBJECTIVE: To create 1 v 1s and 2 v 1s and pass or dribble forward.

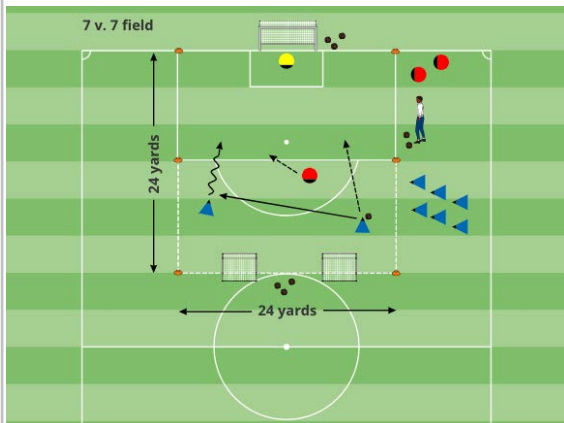
ORGANIZATION: Teams play 3 v 2 + GK on a 24 x 24-yard field with a standard goal and two small goals. Blue (attacking team) dribbles or passes in. Red starts from the top of the box and tries to win the ball and score on the small goals. All players (including the keeper) rotate every 2-3 minutes. Play for 30 minutes with two breaks.

KEY WORDS: Opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

NOTES: Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase.



## PRACTICE (Less Challenging): 2 v 1

OBJECTIVE: To create 1 v 1s and 2 v 1s and pass or dribble forward.

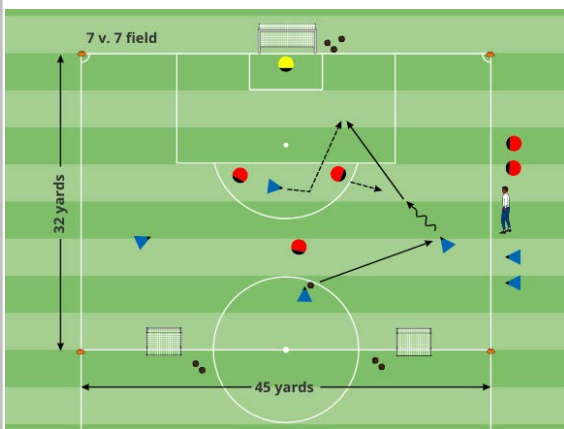
ORGANIZATION: Same as core activity, except teams play 2 v 1 + GK. All players (including the keeper) rotate every 2-3 minutes.

KEY WORDS: Opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.



## PRACTICE (More Challenging): 4 v 3

**OBJECTIVE:** To create 1 v 1s and 2 v 1s and pass or dribble forward.

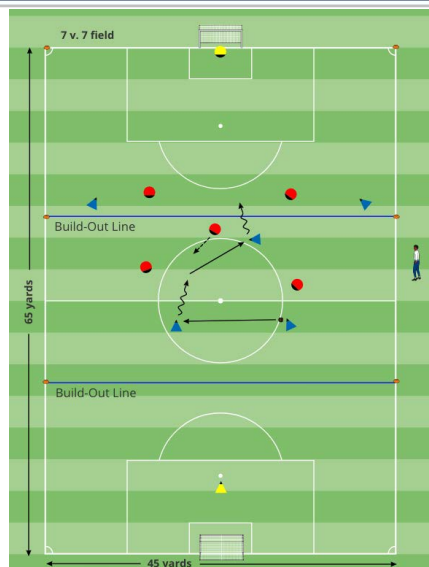
**ORGANIZATION:** Same as core activity, except teams play 4 v 3 + GK on half of a standard field. All players (including the keeper) rotate every 2-3 minutes.

**KEY WORDS:** Opening, take opponents on, head up, pass/dribble, go!

**GUIDED QUESTIONS:** 1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

**ANSWERS:** 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

**NOTES:** Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



## 2ND PLAY PHASE: The Game

**OBJECTIVE:** To move the ball forward, create chances and score goals.

**ORGANIZATION:** Teams play 6 v 6 on a 65 x 45-yard field with build-out lines and standard goals with goalkeepers. Both teams play a 1-2-1-2 formation. Play for 30 minutes including one "halftime" (5 minutes max).

**KEY WORDS:** Opening, take opponents on, head up, pass/dribble, go!

**GUIDED QUESTIONS:** 1. How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

**ANSWERS:** 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

**NOTES:** Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

## Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the players?

## Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

# TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building in their own half

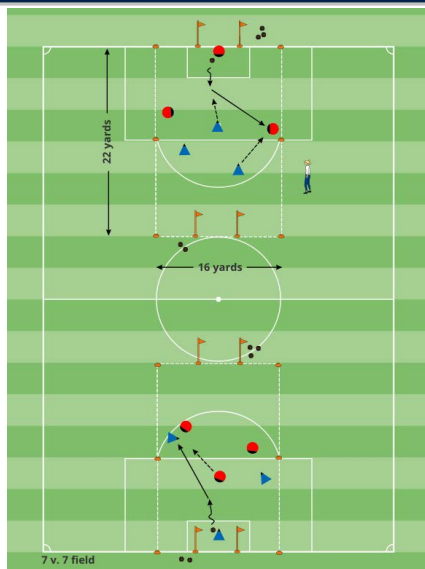
PLAYER ACTIONS: Steal the ball, make it compact, pressure/cover/balance

KEY QUALITIES: Decision-making, reading the game, initiative

U9-U10 / 7 v 7 / 12 players

MOMENT: Defending

DURATION: 90:00 min



## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

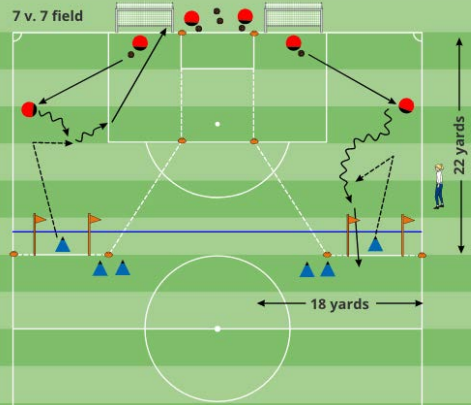
ORGANIZATION: Mark out two 22 x 16-yard fields. Divide players into four teams of three. Teams play 3 v 3 on 6-yard goal lines without goalkeepers. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, pressure and cover, attack the ball

GUIDED QUESTIONS: 1) How can you win the ball back quickly after a goal? 2) What's the advantage of disrupting their buildup quickly?

ANSWERS: 1) Instead of dropping way back, form a compact block in the middle of the field and defend forward from there. 2) It keeps opponents away from our goal, and if we win the ball back we're already inside their half, in position to score a quick goal.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



## PRACTICE (Core Activity): 1 v 1 on Wing

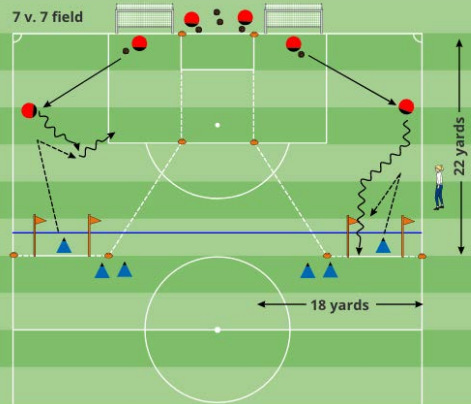
OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

ORGANIZATION: Mark out two fields as shown. Three attackers (Red) and two defenders (Blue) play on each field. Each 1 v 1 begins with a pass from the goalkeeper. As soon as the pass is played, the defender runs out from behind the build-out line and tries to win the ball and counterattack on the standard goal. Players switch roles with their teammates after each round. Play for 30 minutes with two breaks.

KEY WORDS: Attack the ball

GUIDED QUESTIONS: 1) Defenders, how should you react to the goalkeeper's opening pass? 2) Why is it dangerous to get too close to the attacker too soon? 3) How do you keep that from happening?

ANSWERS: 1) Run forward, get close to the attacker and immediately start pressuring the ball. 2) They could play the ball past us. 3) Slow down as soon as the pass is received. Stop the attacker and take them on 1 v 1.



## PRACTICE (Less Challenging): 1 v 1 on Wing

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

ORGANIZATION: Same as core activity, except the attacker has to dribble across the goal line to score.

KEY WORDS: Attack the ball

GUIDED QUESTIONS: 1) Defenders, how should you react to the goalkeeper's opening pass? 2) Why is it dangerous to get too close to the attacker too soon? 3) How do you keep that from happening?

ANSWERS: 1) Run forward, get close to the attacker and immediately start pressuring the ball. 2) They could play the ball past us. 3) Slow down as soon as the pass is received. Stop the attacker and take them on 1 v 1.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

	<p><b>PRACTICE (More Challenging): 1 v 1 on Wing</b></p> <p><b>OBJECTIVE:</b> To disrupt the buildup in the opponent's half, win the ball back and score.</p> <p><b>ORGANIZATION:</b> Same as core activity, except the goal lines are extended to 10 yards.</p> <p><b>KEY WORDS:</b> Attack the ball</p> <p><b>GUIDED QUESTIONS:</b> 1) Defenders, how should you react to the goalkeeper's opening pass? 2) Why is it dangerous to get too close to the attacker too soon? 3) How do you keep that from happening?</p> <p><b>ANSWERS:</b> 1) Run forward, get close to the attacker and immediately start pressuring the ball. 2) They could play the ball past us. 3) Slow down as soon as the pass is received. Stop the attacker and take them on 1 v 1.</p> <p><b>NOTES:</b> Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.</p>
	<p><b>2ND PLAY PHASE: The Game</b></p> <p><b>OBJECTIVE:</b> To disrupt the buildup in the opponent's half, win the ball back and score.</p> <p><b>ORGANIZATION:</b> Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation and tries to disrupt the other's buildup as quickly as possible. Play for 30 minutes including one "halftime" (5 minutes max).</p> <p><b>KEY WORDS:</b> Stay compact, pressure and cover, attack the ball</p> <p><b>GUIDED QUESTIONS:</b> 1) How often did you win the ball in the opponent's half? 2) What do you need to do to win the ball more often?</p> <p><b>ANSWERS:</b> 1) General question asked to focus players' attention. 2) Don't be afraid to defend high up the field. Get compact and stay compact. Wait for signals to start pressing and work together to put pressure on opponents.</p> <p><b>NOTES:</b> Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.</p>
<p><b>Five Elements of a Training Activity</b></p> <ol style="list-style-type: none"> <li><b>Organized:</b> Is the activity organized in the right way?</li> <li><b>Game-like:</b> Is the activity game-like?</li> <li><b>Repetition:</b> Is there repetition, when looking at the overall goal of the session?</li> <li><b>Challenging:</b> Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li><b>Coaching:</b> Is there effective coaching, based on the age and level of the players?</li> </ol>	<p><b>Training Session Self-Reflection Questions</b></p> <ol style="list-style-type: none"> <li>How did you do in achieving the goals of the training session?</li> <li>What did you do well?</li> <li>What could you do better?</li> </ol>

# TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve building up from own half in order to move the ball to the opponent's half

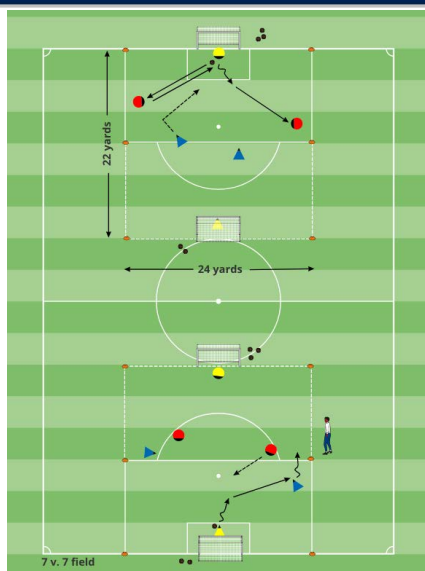
PLAYER ACTIONS: Pass or dribble forward, spread out, create passing options

KEY QUALITIES: Decision-making, reading the game, technical execution

U9-U10 / 7 v 7 / 14 players

MOMENT: Attacking

DURATION: 90:00 min



## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build a solid attack and move the ball forward.

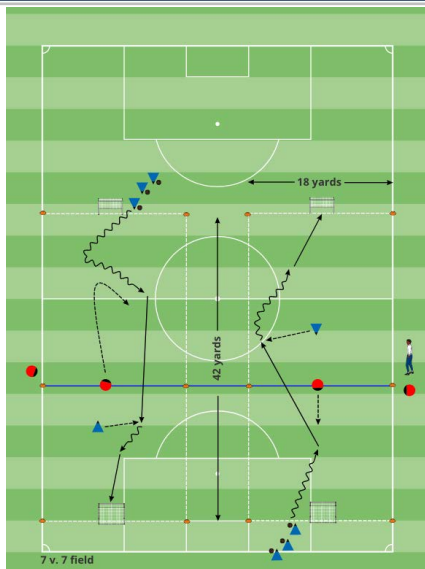
ORGANIZATION: Mark out two 22 x 24-yard fields. Divide players into four teams of three. Teams play 3 v 3 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Pass, dribble, use space, be open

GUIDED QUESTIONS: 1) Attackers, where should you show for the pass from the goalkeeper? 2) Why? 3) How can you build the attack? 4) What's the advantage of involving the keeper?

ANSWERS: 1) On the wings. 2) So we can get away from the defenders and take the ball forward. 3) Pass or dribble forward. 4) It gives us an extra player.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



## PRACTICE (Core Activity): 2 v 1 Forward Passing

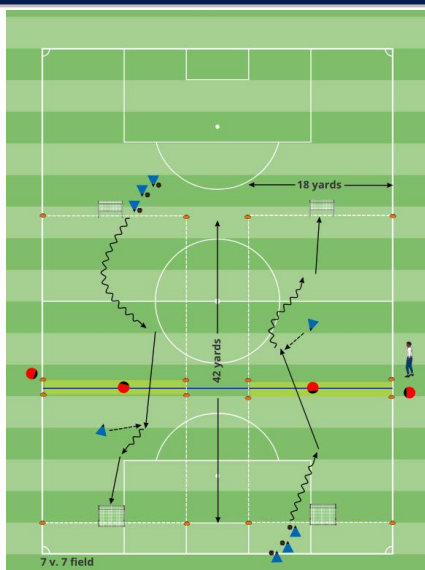
OBJECTIVE: To move the ball forward.

ORGANIZATION: Mark out two 42 x 18-yard fields, each with build-out lines and two mini goals. Choose eight attackers (Blue) and four defenders (Red) and position them as shown. The first attacker on each field dribbles forward and tries to get the ball past the defender to the second attacker. Play continues until a goal is scored. The attackers rotate counterclockwise. Play for 30 minutes with two breaks.

KEY WORDS: Pass, dribble, be open

GUIDED QUESTIONS: 1) Where is the defender in this exercise? 2. So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing?

ANSWERS: 1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up and see where the receiver is.



## PRACTICE (Less Challenging): 2 v 1 Forward Passing

OBJECTIVE: To move the ball forward.

ORGANIZATION: Same as core activity, except the defender has to stay inside a 5-yard zone in the center.

KEY WORDS: Pass, dribble, be open

GUIDED QUESTIONS: 1) Where is the defender in this exercise? 2. So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing?

ANSWERS: 1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up and see where the receiver is.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.



## PRACTICE (More Challenging): 2 v 1 Forward Passing

**OBJECTIVE:** To move the ball forward.

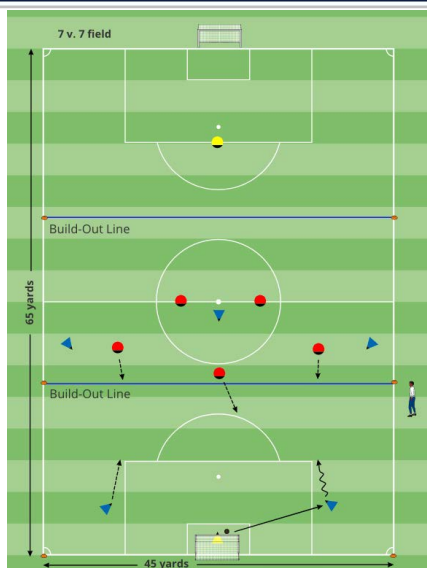
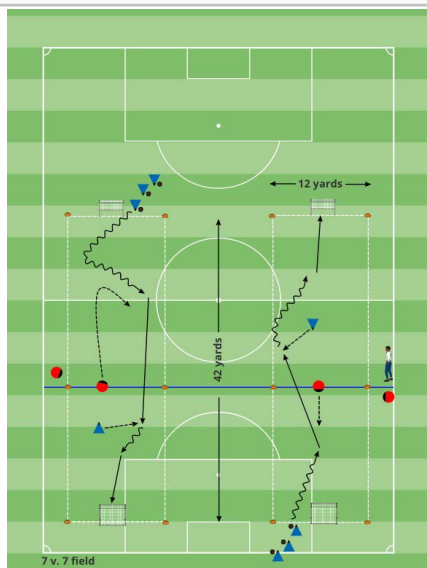
**ORGANIZATION:** Same as core activity, except the fields are just 12 yards wide.

**KEY WORDS:** Pass, dribble, be open

**GUIDED QUESTIONS:** 1) Where is the defender in this exercise? 2. So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing?

**ANSWERS:** 1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up and see where the receiver is.

**NOTES:** Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



## 2ND PLAY PHASE: The Game

**OBJECTIVE:** To build a solid attack and move the ball forward.

**ORGANIZATION:** Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

**KEY WORDS:** Pass, dribble, use space, be open

**GUIDED QUESTIONS:** 1) Attackers, how can you make the best use of the field? 2) When do you need to be open? 3) And when do you know you're open? 4) What's the advantage of involving the keeper?

**ANSWERS:** 1) By spreading out evenly over it and staying as far apart as possible. 2) Always. 3) When there aren't any defenders between us and the ball; when we can see the ball. 4) It gives us an extra player.

**NOTES:** Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

## Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the players?

## Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

# TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building up and creating chances in our half

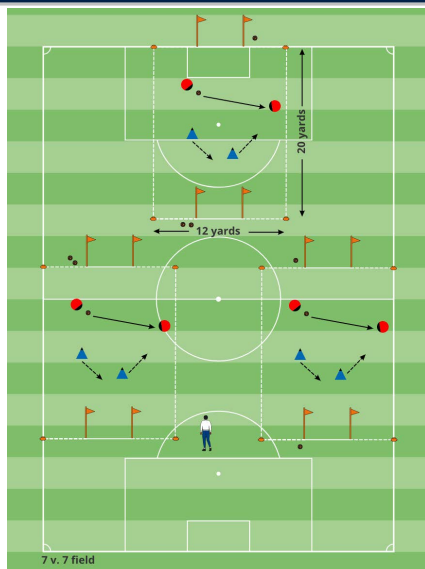
PLAYER ACTIONS: Outnumber the opponent, steal the ball, pressure/cover/balance

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U9-U10 / 7 v 7 / 12 players

MOMENT: Defending

DURATION: 90:00 min



## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To deny chances, win the ball back and score.

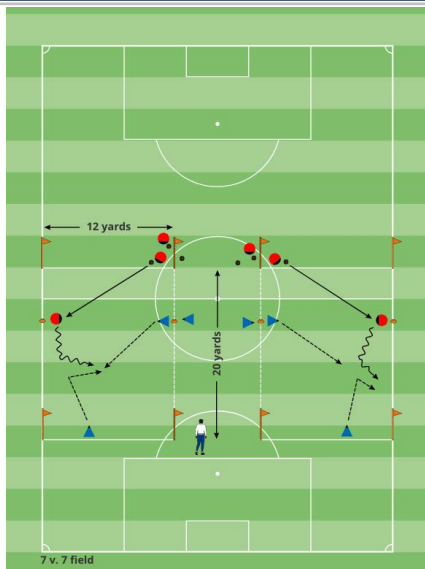
ORGANIZATION: Mark out three 20 x 12-yard fields. Divide players into six pairs, who play 2 v 2 on goal lines (pass on the ground to score). Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Pressure and cover, attack the ball

GUIDED QUESTIONS: 1) How can you keep the opponent away from your goal? 2) How can you help each other defend?

ANSWERS: 1) Block the path to it; stop attackers and force them onto the wings. 2) Form a line. The closest defender stops the ball carrier while the others cover.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



## PRACTICE (Core Activity): 1 v 2 on Goal Lines

OBJECTIVE: To outnumber opponents, win the ball back and score.

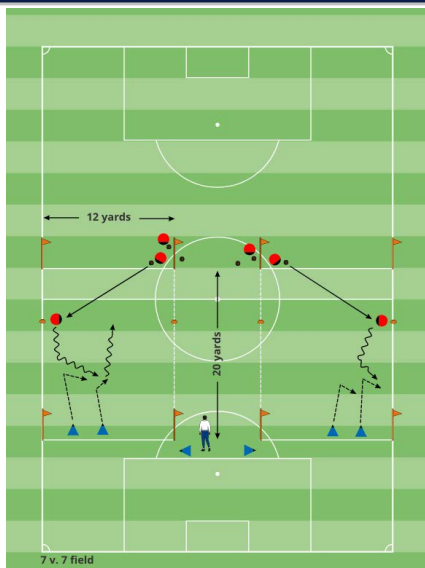
ORGANIZATION: Mark out two 20 x 12-yard fields. Assign attackers and defenders to starting positions as shown. Play begins with a pass to the first attacker. Players play 1 v 2 on the endlines (dribble across to score). Play for 30 minutes with two breaks.

KEY WORDS: Close the attacker down, attack the ball, pressure and cover

GUIDED QUESTIONS: 1) What's the job of the defender closest to the ball? 2) What does the second defender do?

ANSWERS: 1) To run forward as soon as the first pass is played, stop the attacker and slow down the attack. 2) Drop back, support the first defender and attack the ball.

NOTES: Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase.



## PRACTICE (Less Challenging): 1 v 2 on Goal Lines

OBJECTIVE: To outnumber opponents, win the ball back and score.

ORGANIZATION: Same as core activity, except both defenders start out on the endline. Play for 30 minutes with two breaks.

KEY WORDS: Close the attacker down, attack the ball, pressure and cover

GUIDED QUESTIONS: 1) How should the defenders defend?

ANSWERS: 1) Move forward as a unit as soon as the opening pass is played. The closest defender stops the ball carrier while the other drops diagonally back to cover. The first defender steers the attacker toward the second.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

### PRACTICE (More challenging): 1 v 2 on Goal Lines

**OBJECTIVE:** To outnumber opponents, win the ball back and score.

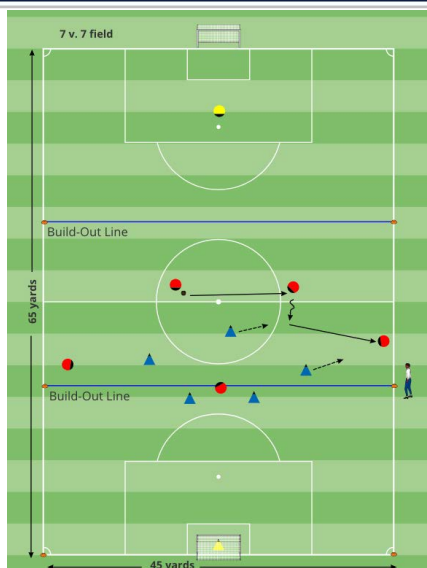
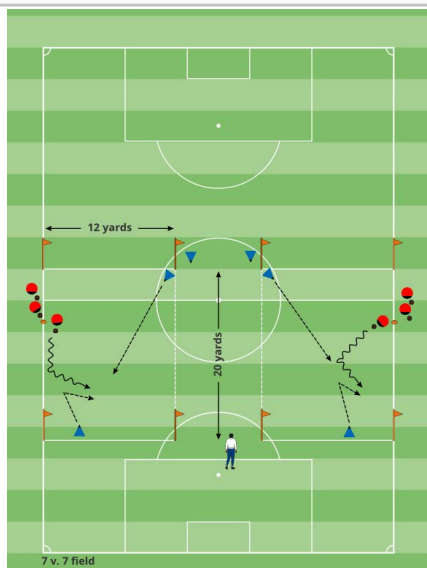
**ORGANIZATION:** Same as core activity, except the second defender starts from the other endline and the first attacker dribbles onto the field.

**KEY WORDS:** Close the attacker down, attack the ball, pressure and cover

**GUIDED QUESTIONS:** 1) What's the job of the defender closest to the ball? 2) What does the second defender do?

**ANSWERS:** 1) To run forward as soon as the first pass is played, stop the attacker and slow down the attack. 2) Drop back, support the first defender and attack the ball.

**NOTES:** Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



### 2ND PLAY PHASE: The Game

**OBJECTIVE:** To deny chances, outnumber the opponent, win the ball back and score.

**ORGANIZATION:** Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

**KEY WORDS:** Stay compact, pressure and cover, move with the ball

**GUIDED QUESTIONS:** 1) How can you keep the opponent away from your goal? 2) How can you help each other defend?

**ANSWERS:** 1) Form a compact block behind the ball, block the path to the goal and force attackers onto the wings. 2) Move as a unit to follow the ball, outnumber opponents near the ball and double-team the ball carrier.

**NOTES:** Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?



# TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve scoring goals

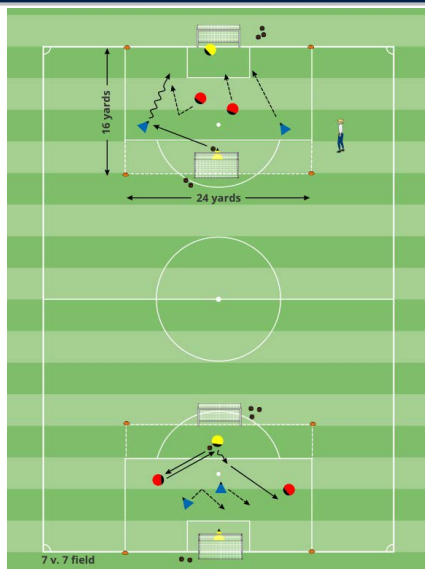
PLAYER ACTIONS: Create 1 v 1s and 2 v 1s, shoot

KEY QUALITIES: Decision-making, reading the game, initiative, technical execution

U9-U10 / 7 v 7 / 14 players

MOMENT: Attacking

DURATION: 90:00 min



## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To score goals.

ORGANIZATION: Mark out two 16 x 24-yard fields. Teams play 2 v 2 on goals with goalkeepers. The attacking team's keeper can help build the attack and even score goals. Play for 30 minutes with two breaks.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) When the attackers' keeper helps build the attack, what kind of situation does that create? 2) How can you take advantage of this situation?

ANSWERS: 1) A 3 v 2 with attackers outnumbering defenders. 2) Cover the middle and both wings; use our extra player; don't be afraid to attack 1 v 1; shoot.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



## PRACTICE (Core Activity): 1 v 1 on Two Goals with Goalkeepers

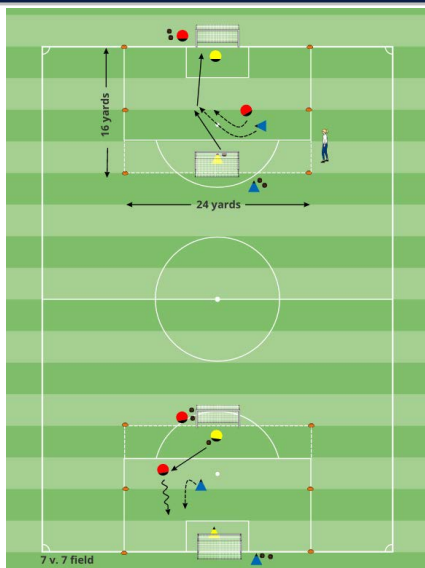
OBJECTIVE: To score goals.

ORGANIZATION: Mark out two 22 x 24-yard fields, each with two goals with goalkeepers. Divide players into four teams of three and assign two to each field. Teams play 1 v 1 + GKs. Play 30-second rounds. After each round, the goalkeeper moves onto the field, the field players go off and the extra players rotate into the goals. Play for 30 minutes with two breaks.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you beat a defender 1 v 1? 2) What fakes do you know? 3) What do you need to do after you fake?

ANSWERS: 1) Dribble quickly toward them and break through on the open side, or fake a breakthrough on one side and then take the ball to the other side. 2) Shooting fake, step-over, lunge step, etc. 3) Get past the defender as fast as possible and shoot.



## PRACTICE (Less Challenging): 1 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To score goals.

ORGANIZATION: Same as core activity, except on a 16 x 24-yard field.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you beat a defender 1 v 1? 2) What fakes do you know? 3) What do you need to do after you fake?

ANSWERS: 1) Dribble quickly toward them and break through on the open side, or fake a breakthrough on one side and then take the ball to the other side. 2) Shooting fake, step-over, lunge step, etc. 3) Get past the defender as fast as possible and sh

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

## PRACTICE (More Challenging): 1 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To score goals.

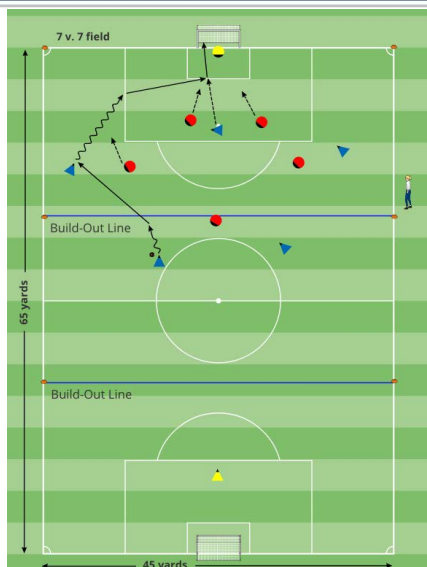
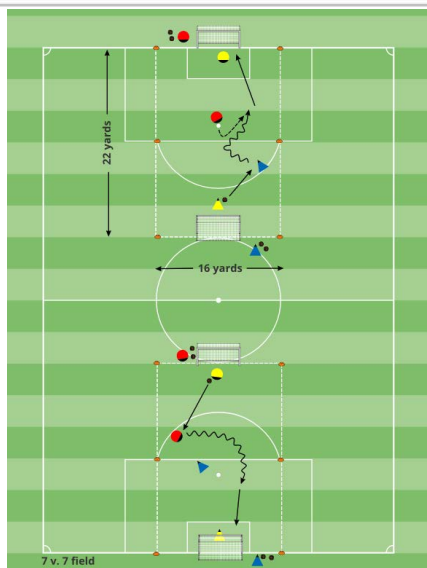
ORGANIZATION: Same as core activity, except on a 22 x 16-yard field.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you beat a defender 1 v 1? 2) What fakes do you know? 3) What do you need to do after you fake?

ANSWERS: 1) Dribble quickly toward them and break through on the open side, or fake a breakthrough on one side and then take the ball to the other side. 2) Shooting fake, step-over, lunge step, etc. 3) Get past the defender as fast as possible and shoot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



## 2ND PLAY PHASE: The Game

OBJECTIVE: To score goals.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you beat a defender 1 v 1? 2) What fakes do you know? 3) What do you need to do after you fake?

ANSWERS: 1) Dribble quickly toward them and break through on the open side, or fake a breakthrough on one side and then take the ball to the other side. 2) Shooting fake, step-over, lunge step, etc. 3) Get past the defender as fast as possible and shoot.

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

## Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the players?

## Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

# TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from scoring

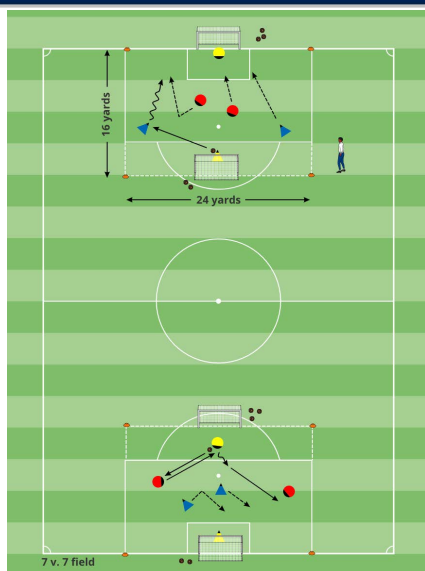
PLAYER ACTIONS: Protect the goal, make it compact, keep it compact

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U9-U10 / 7 v 7 / 14 players

MOMENT: Defending

DURATION: 90:00 min



## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring.

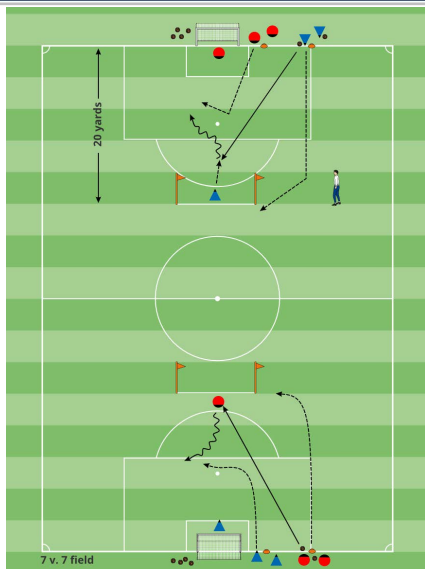
ORGANIZATION: Mark out two 16 x 24-yards fields with goals and goalkeepers. Teams play 3 v 3. The attacking team's keeper can help build the attack and even score goals. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS: 1) When the attackers' keeper helps build the attack, what kind of situation does that create? 2) Defenders, what's your top priority when you're outnumbered? 3) How do you do that?

ANSWERS: 1) The defenders are outnumbered. 2) To defend the goal. 3) Quickly get behind the ball, block the direct path to the goal, force attackers outside and block shots.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



## PRACTICE (Core Activity): 1 v 1 in Middle (Defender Facing Attacker)

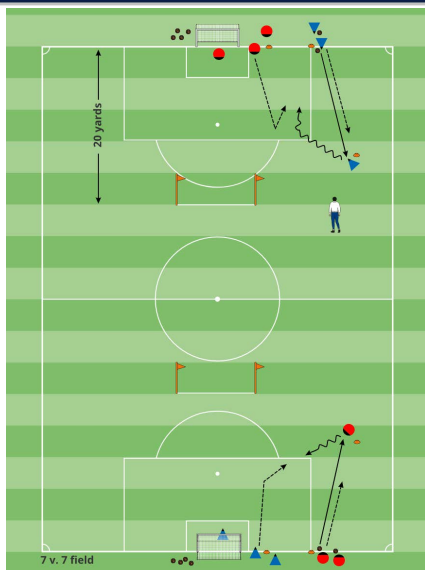
OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out two fields as shown. Assign attackers and defenders to starting positions as shown. Play begins when the first attacker receives the ball. The first defender runs out from the endline, following the ball, and tries to stop the attacker from scoring. Play continues until a goal is scored by either player. Afterward, the next two players start. Play for 30 minutes with two breaks.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) Why is it dangerous to get too close to the attacker too soon? 4) How do you keep that from happening?

ANSWERS: 1) To defend the goal. 2) Run out after the ball, stop the attacker as soon as possible and try to force them onto the wing. 3) They could play the ball past us. 4) Slow down at the right moment.



## PRACTICE (Less Challenging): 1 v 1 on Wing (Defender Facing Attacker)

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Same as core activity, except players line up on the wing.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) Why is it dangerous to get too close to the attacker too soon? 4) How do you keep that from happening?

ANSWERS: 1) To defend the goal. 2) Run out after the ball, stop the attacker as soon as possible and try to force them onto the wing. 3) They could play the ball past us. 4) Slow down at the right moment.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

### PRACTICE (More Challenging): 1 v 1 (Defender Beside Attacker)

OBJECTIVE: To prevent the opponent from scoring.

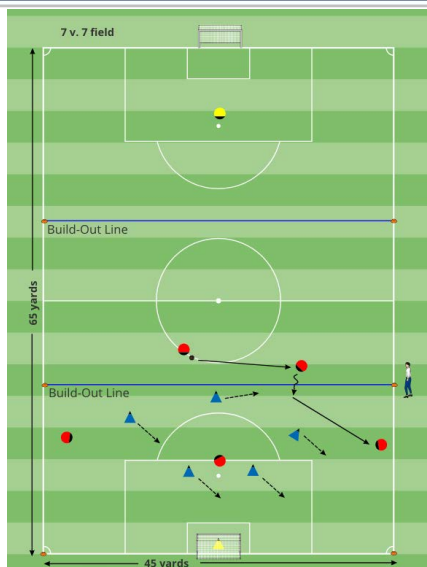
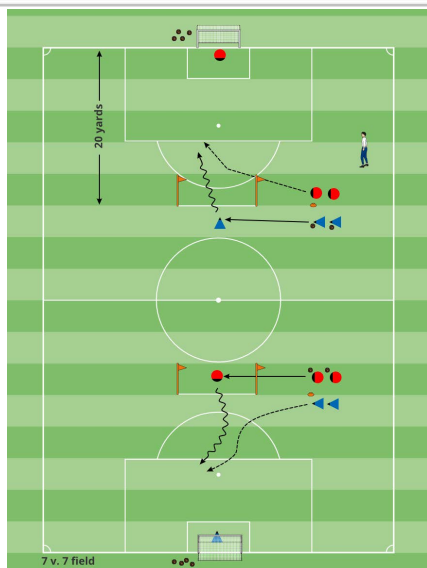
ORGANIZATION: Same as core activity, except the first defender runs in from the wing.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this exercise? 2) How do you do that?

ANSWERS: 1) To defend the goal. 2) Run out after the ball, block the path to the goal and try to force the attacker onto the wing.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



### 2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS: 1) How many goals did the other team score? 2) How did they score them? 3) How could you have stopped them?

ANSWERS: 1. & 2.) General questions asked to focus players' attention on the principles they have learned. 3) Get compact and stay compact, block the direct path to the goal, force attackers outside, move to follow the ball and block shots.

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

# TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve building up in opponent's half in order to create chances

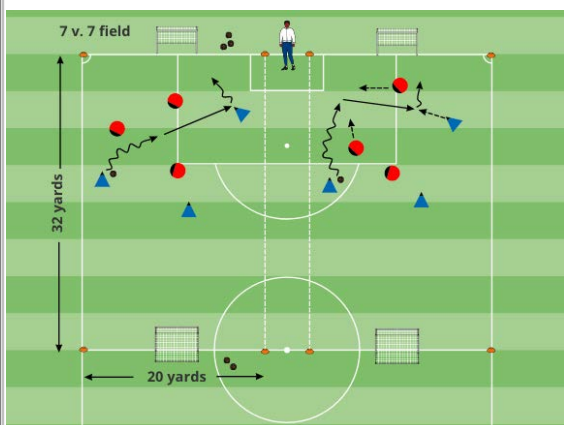
PLAYER ACTIONS: Pass or dribble forward, spread out, create passing options, create 1 v 1s and 2 v 1s

KEY QUALITIES: Decision-making, reading the game, initiative, technical execution

U9-U10 / 7 v 7 / 14 players

MOMENT: Attacking

DURATION: 90:00 min



## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals.

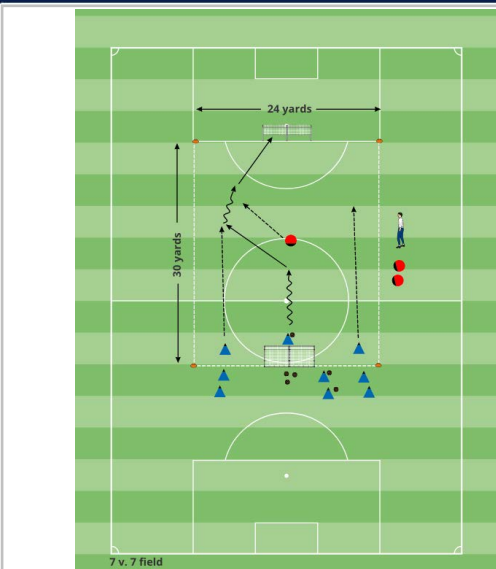
ORGANIZATION: Mark out two 32 x 20-yard fields, each with two mini goals. Teams play 3 v 3. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Pass, dribble, take opponents on

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



## PRACTICE (Core Activity): 3 v 1 on Open Goals

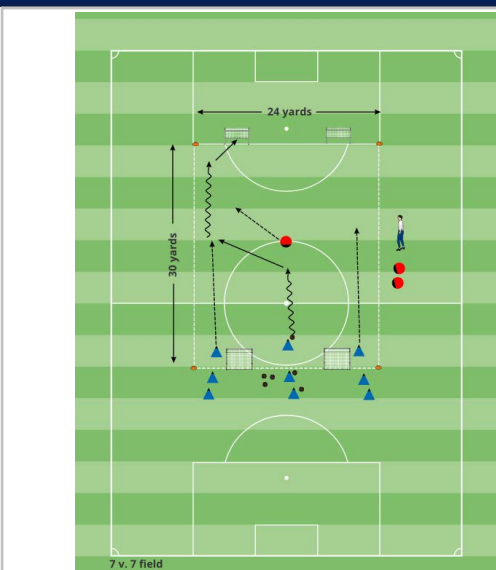
OBJECTIVE: To move the ball forward and score goals.

ORGANIZATION: Mark out a 30 x 24-yard field. Place two youth goals side by side on each endline to create a double-wide goal. Choose nine attackers and three defenders and position them as shown. Teams play 3 v 1. The defender tries to win the ball and counterattack. Rotate attackers and defenders after each round. Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) Which player should start out with the ball, and why? 2) What should the middle player do, dribble or pass? 3) What should the wing players do?

ANSWERS: 1) Start out with the ball in the middle. The middle player has two passing options (left and right). The wing players have just one. 2) Dribble straight toward the defender, then pass off to a wing player. 3) Spread the field wide and not let the defender mark them too closely.



## PRACTICE (Less Challenging): 3 v 1 on Two Open Goals Each

OBJECTIVE: To move the ball forward and score goals.

ORGANIZATION: Same as core activity, except there are two separate mini goals on each endline.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) Which player should start out with the ball, and why? 2) What should the middle player do, dribble or pass? 3) What should the wing players do?

ANSWERS: 1) Start out with the ball in the middle. The middle player has two passing options (left and right). The wing players have just one. 2) Dribble straight toward the defender, then pass off to a wing player. 3) Spread the field wide and not let the defender mark them too closely.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.



## PRACTICE (More Challenging): 3 v 2 on Two Open Goals Each

**OBJECTIVE:** To move the ball forward and score goals.

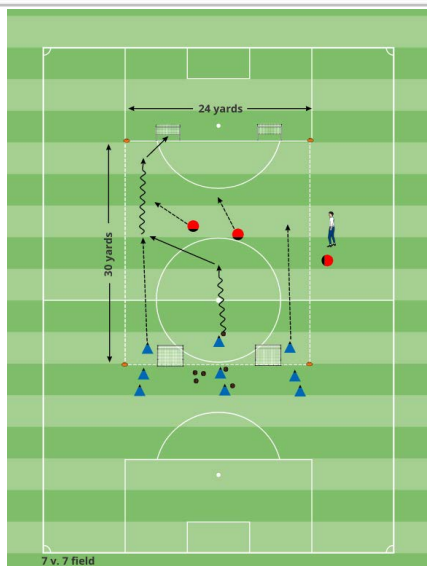
**ORGANIZATION:** Same as core activity, except players play 3 v 2 on two goals each.

**KEY WORDS:** Use space, be open, pass, dribble

**GUIDED QUESTIONS:** 1) Which player should start out with the ball, and why? 2) What should the middle player do, dribble or pass? 3) What should the wing players do?

**ANSWERS:** 1) Start out with the ball in the middle. The middle player has two passing options (left and right). The wing players have just one. 2) Dribble straight toward the defender, then pass off to a wing player. 3) Spread the field wide and not let the defender mark them too closely.

**NOTES:** Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



## 2ND PLAY PHASE: The Game

**OBJECTIVE:** To move the ball forward, create chances and score goals.

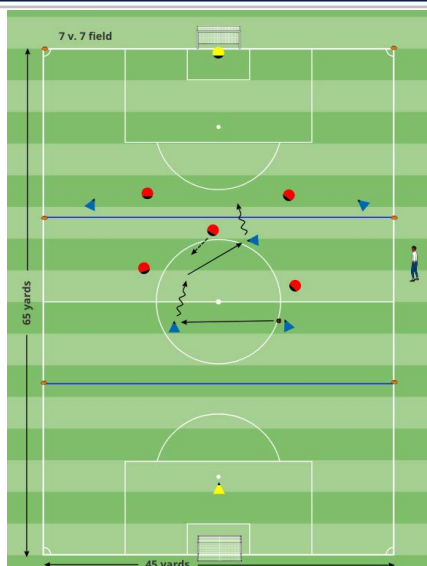
**ORGANIZATION:** Teams play 6 v 6 on a 65 x 45-yard field with build-out lines and standard goals with goalkeepers. Both teams play a 1-2-1-2 formation. Play for 30 minutes including one "halftime" (5 minutes max).

**KEY WORDS:** Pass, dribble, take opponents on, use space, be open

**GUIDED QUESTIONS:** 1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening? 4) How do you create a 2 v 1 situation?

**ANSWERS:** 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Spread the field wide and make the opponent move. 4) Dribble straight toward the defender, then pass off to a teammate.

**NOTES:** Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.



## Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the players?

## Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

# TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building in their own half

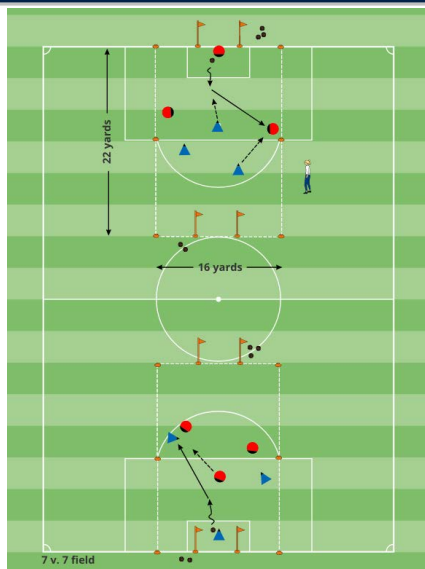
PLAYER ACTIONS: Make it compact, keep it compact, steal the ball

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U9-U10 / 7 v 7 / 12 players

MOMENT: Defending

DURATION: 90:00 min



## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

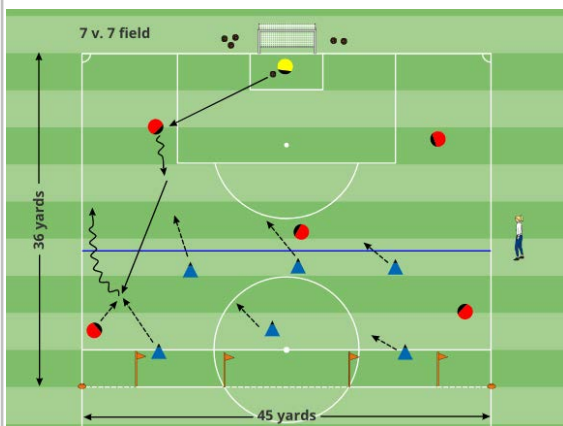
ORGANIZATION: Mark out two 22 x 16-yard fields. Divide players into four teams of three. Teams play 3 v 3 on 6-yard goal lines without goalkeepers. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, attack the ball

GUIDED QUESTIONS: 1) How can you win the ball back quickly after a goal? 2) What's the advantage of disrupting their buildup quickly?

ANSWERS: 1) Instead of dropping way back, form a compact block in the middle of the field and defend forward from there. 2) It keeps opponents away from our goal, and if we win the ball back we're already inside their half, in position to score a quick goal.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



## PRACTICE (Core Activity): 6 v 6 on Two Goal Lines and One Standard Goal

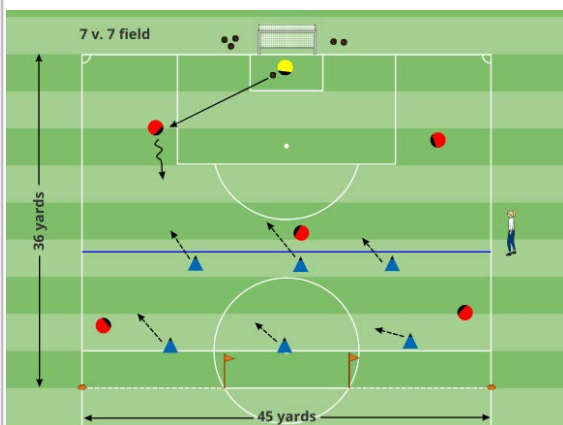
OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

ORGANIZATION: Mark out a shortened 7 v 7 field, with two goal lines just beyond the centerline. Divide players into two teams of six. Free play: Red builds the attack, and Blue defends. Play is restarted by Red's goalkeeper after interruptions. As soon as the opening pass is played, Blue runs out from behind the build-out line and puts pressure on Red. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Defenders, how should you position yourselves when the opponent's keeper has the ball? 2) What should you do when the keeper kicks the ball out? 3) When should you attack the opponent?

ANSWERS: 1) In a compact block behind the build-out line. 2) Move slightly forward, staying in formation and not going too fast. Whoever's closest to the ball attacks. 3) Whenever there's an opening, or when the ball is played into the midfield.



## PRACTICE (Less Challenging): 6 v 6 on Goal Line and Standard Goal

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

ORGANIZATION: Same as core activity, except with just one 15-yard goal line in the middle.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Defenders, how should you position yourselves when the opponent's keeper has the ball? 2) What should you do when the keeper kicks the ball out? 3) When should you attack the opponent?

ANSWERS: 1) In a compact block behind the build-out line. 2) Move slightly forward, staying in formation and not going too fast. Whoever's closest to the ball attacks. 3) Whenever there's an opening, or when the ball is played into the midfield.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

## PRACTICE (More Challenging): 6 v 6 on End Zone and Standard Goal

**OBJECTIVE:** To disrupt the buildup in the opponent's half, win the ball back and score.

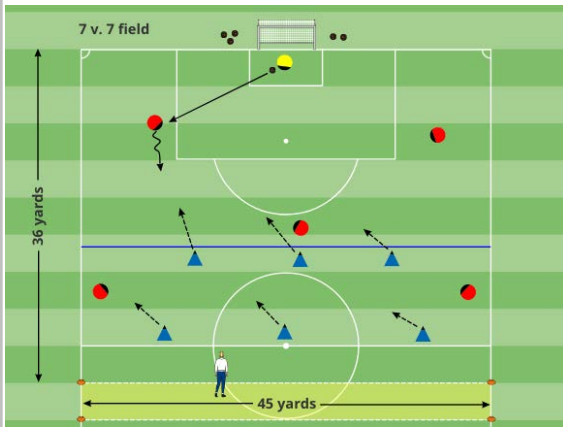
**ORGANIZATION:** Same as core activity, except there's an end zone instead of goal lines, and attackers must dribble into it or pass to the coach there to score.

**KEY WORDS:** Stay compact, move with the ball, attack the ball

**GUIDED QUESTIONS:** 1) Defenders, how should you position yourselves when the opponent's keeper has the ball? 2) What should you do when the keeper kicks the ball out? 3) When should you attack the opponent?

**ANSWERS:** 1) In a compact block behind the build-out line. 2) Move slightly forward, staying in formation and not going too fast. Whoever's closest to the ball attacks. 3) Whenever there's an opening, or when the ball is played into the midfield.

**NOTES:** Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



## 2ND PLAY PHASE: The Game

**OBJECTIVE:** To disrupt the buildup in the opponent's half, win the ball back and score.

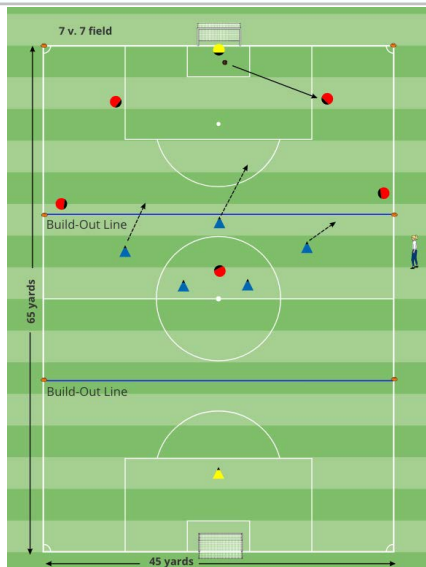
**ORGANIZATION:** Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation, and tries to disrupt the other's buildup as quickly as possible. Play for 30 minutes including one "halftime" (5 minutes max).

**KEY WORDS:** Stay compact, pressure and cover, attack the ball

**GUIDED QUESTIONS:** 1) How often did you win the ball in the opponent's half? 2) What do you need to do to win the ball more often?

**ANSWERS:** 1) General question asked to focus players' attention. 2) Don't be afraid to defend high up the field. Get compact and stay compact. Wait for signals to start pressing and work together to put pressure on opponents.

**NOTES:** Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.



## Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the players?

## Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

# TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve building up from own half in order to move the ball to the opponent's half

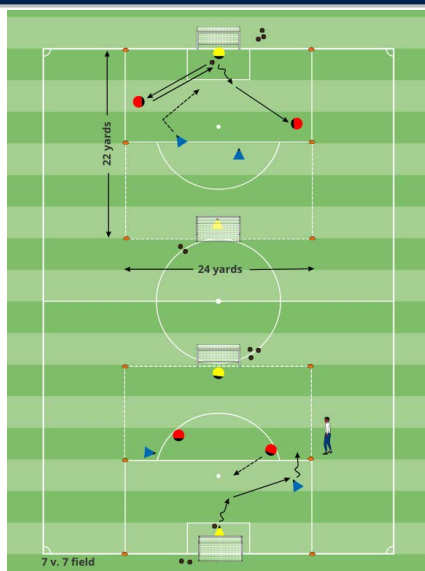
PLAYER ACTIONS: Spread out, switch the point of attack, support the attack

KEY QUALITIES: Decision-making, reading the game, initiative, proactive play

U9-U10 / 7 v 7 / 14 players

MOMENT: Attacking

DURATION: 90:00 min



## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build a solid attack and move the ball forward.

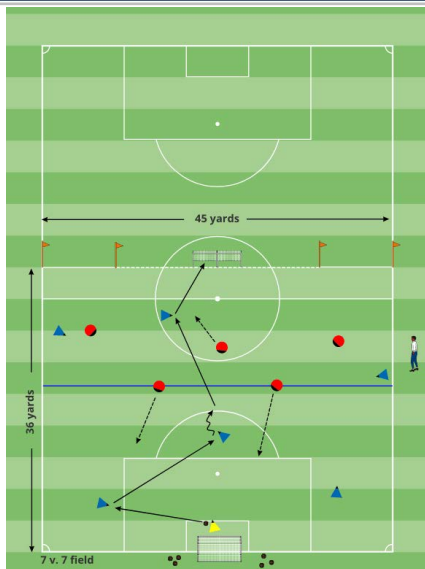
ORGANIZATION: Mark out two 22 x 24-yard fields. Divide players into four teams of three. Teams play 3 v 3 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) Attackers, where should you show for the pass from the goalkeeper? 2) Why? 3) How can you build the attack? 4) What's the advantage of involving the keeper?

ANSWERS: 1) On the wings. 2) So we can get away from the defenders and take the ball forward. 3) Pass or dribble forward. 4) It gives us an extra player.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



## PRACTICE (Core Activity): 7 v 5 on One Goal and Two Goal Lines

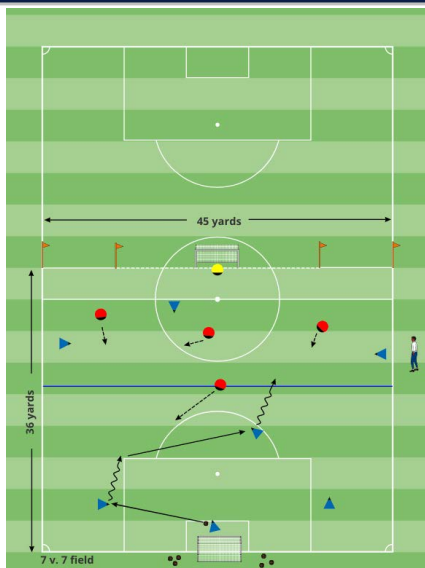
OBJECTIVE: Build a solid attack, switch the field and move the ball forward.

ORGANIZATION: Mark out a 36 x 45-yard field as shown. Choose seven attackers (Blue) and five defenders (Red). Formations are 1-2-3-1 (Blue) against 3-2 (Red). Blue can attack on the goal in the middle or the goal lines on the wings. Red tries to win the ball and score on Blue's goal. Play is restarted by Blue's goalkeeper after interruptions. Play for 30 minutes with two breaks.

KEY WORDS: Use space, switch the field, help

GUIDED QUESTIONS: 1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) What do you do when the opponent is keeping you from moving forward? 4) Once you've built the attack, what do you do next?

ANSWERS: 1) By spreading out evenly over it and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 3) Switch to the other side. 4) Move forward and support the forwards.



## PRACTICE (Less Challenging): 7 v 5 on One Goal with Goalkeeper and Two Goal Lines

OBJECTIVE: Build a solid attack, switch the field and move the ball forward.

ORGANIZATION: Same as core activity, except Red's goal has a goalkeeper.

KEY WORDS: Use space, switch the field, help

GUIDED QUESTIONS: 1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) What do you do when the opponent is keeping you from moving forward? 4) Once you've built the attack, what do you do next?

ANSWERS: 1) By spreading out evenly over it and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 3) Switch to the other side. 4) Move forward and support the forwards.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

## PRACTICE (More Challenging): 7 v 5 on Two Goal Lines

**OBJECTIVE:** Build a solid attack, switch the field and move the ball forward.

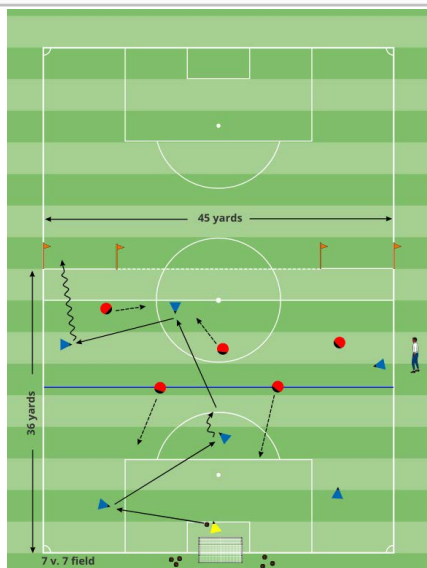
**ORGANIZATION:** Same as core activity, except Red only defends the two goal lines.

**KEY WORDS:** Use space, switch the field, help

**GUIDED QUESTIONS:** 1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) What do you do when the opponent is keeping you from moving forward? 4) Once you've built the attack, what do you do next?

**ANSWERS:** 1) By spreading out evenly over it and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 3) Switch to the other side. 4) Move forward and support the forwards.

**NOTES:** Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



## 2ND PLAY PHASE: The Game

**OBJECTIVE:** To build a solid attack, switch the field and move the ball forward..

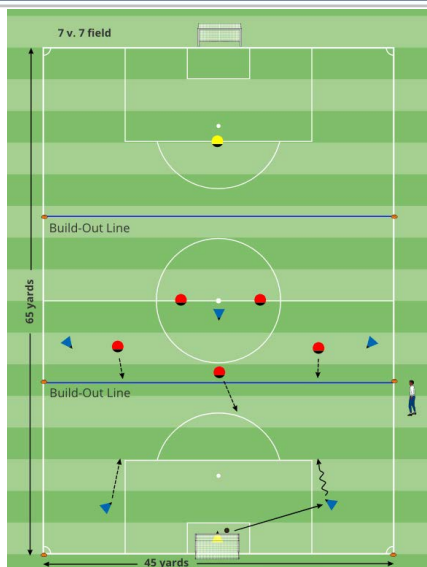
**ORGANIZATION:** Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

**KEY WORDS:** Use space, switch the field, help, pass, dribble, be open

**GUIDED QUESTIONS:** 1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) What do you do when the opponent is keeping you from moving forward? 4) Once you've built the attack, what do you do next?

**ANSWERS:** 1) By spreading out evenly over it and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 3) Switch to the other side. 4) Move forward and support the forwards.

**NOTES:** Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.



## Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the players?

## Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?



# TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building up and creating chances in our half

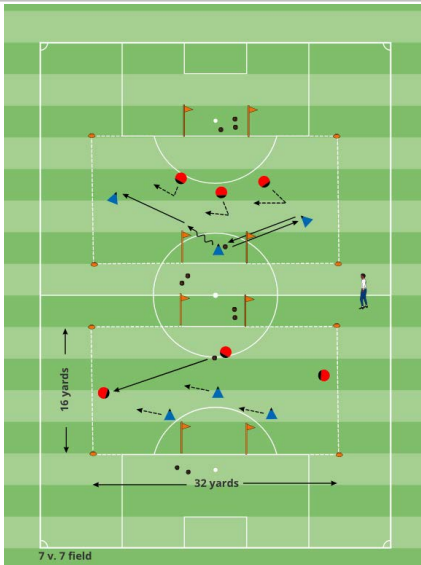
PLAYER ACTIONS: Pressure/cover/balance, make it compact, keep it compact

KEY QUALITIES: Decision-making, reading the game, focus

U9-U10 / 7 v 7 / 12 players

MOMENT: Defending

DURATION: 90:00 min



## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To deny chances, win the ball and score.

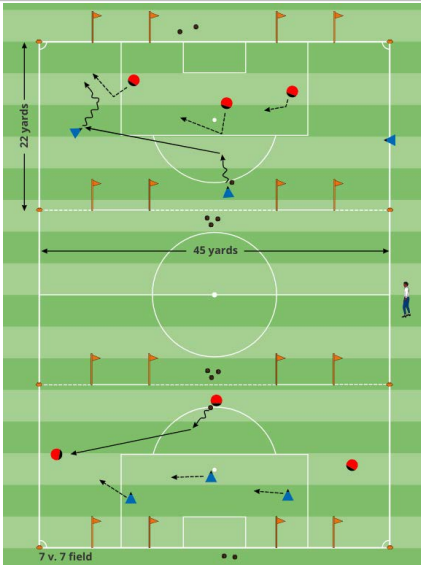
ORGANIZATION: Mark out two 16 x 32-yard fields. Divide players into four teams of three. Teams play 3 v 3 on goal lines (pass on the ground to score). Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, pressure and cover, move with the ball

GUIDED QUESTIONS: 1) How can you keep the opponent away from your goal? 2) What's your job when you're the defender closest to the ball? 3) What do the other defenders need to do?

ANSWERS: 1) Get yourselves behind the ball and block the path to the goal. 2) Stop the ball carrier. 3) Follow the ball and cover the defender closest to it.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



## PRACTICE (Core Activity): 3 v 3 on Two Goals Each

OBJECTIVE: To stop the opponent's attack and deny chances.

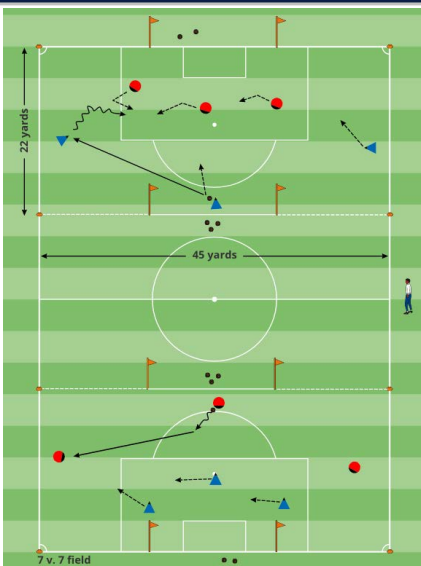
ORGANIZATION: Mark out two 22 x 45-yard fields, each with two 10-yard goal lines on each endline. Divide players into four teams of three. Teams play 3 v 3 on goal lines (pass on the ground to score). Play for 30 minutes with two breaks.

KEY WORDS: Pressure and cover, move with the ball

GUIDED QUESTIONS: 1) How can you keep the opponent from breaking through on the wing and scoring? 2) How should you position yourselves to do that? 3) What's your job when you're the defender closest to the ball?

ANSWERS: 1) Cover the full the width of the field, move with the ball and stop the ball carrier. 2) All three in a line. 3) Stop the ball carrier.

NOTES: Start with the core activity after the first play phase. If it's too difficult, switch to the less challenging activity. If it's too easy, switch to the more challenging activity. Spend a total of 30 minutes in the practice phase.



## PRACTICE (Less Challenging): 3 v 3 on Goal Line in Middle

OBJECTIVE: To stop the opponent's attack and deny chances.

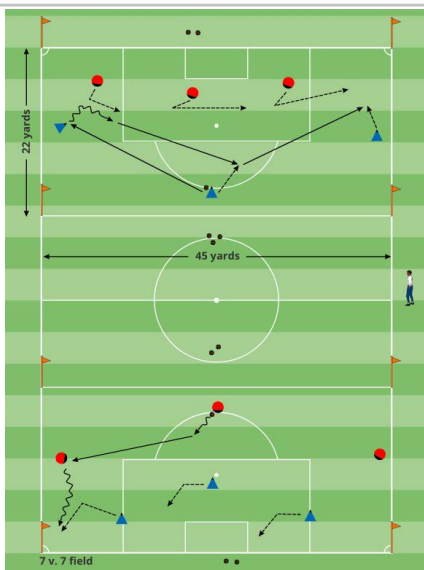
ORGANIZATION: Same as core activity, except there's just one 18-yard goal line in the middle of each endline, and players have to dribble across it to score. Play for 30 minutes with two breaks.

KEY WORDS: Pressure and cover, move with the ball

GUIDED QUESTIONS: 1) How can you keep the opponent from breaking through on the wing and scoring? 2) How should you position yourselves to do that? 3) What's your job when you're the defender closest to the ball?

ANSWERS: 1) Cover the full the width of the field, move with the ball and stop the ball carrier. 2) All three in a line. 3) Stop the ball carrier.

NOTES: Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase.



### PRACTICE (More Challenging): 3 v 3 on Endlines

**OBJECTIVE:** To stop the opponent's attack and deny chances.

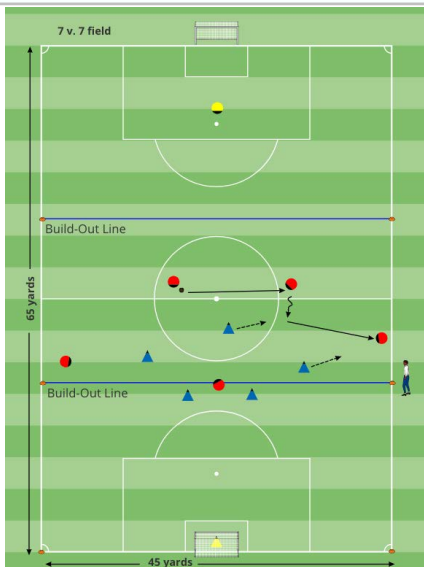
**ORGANIZATION:** Same as core activity, except players have to dribble across the endlines to score. Play for 30 minutes with two breaks.

**KEY WORDS:** Pressure and cover, move with the ball

**GUIDED QUESTIONS:** 1) How can you keep the opponent from breaking through on the wing and scoring? 2) How should you position yourselves to do that? 3) What's your job when you're the defender closest to the ball?

**ANSWERS:** 1) Cover the full the width of the field, move with the ball and stop the ball carrier. 2) All three in a line. 3) Stop the ball carrier.

**NOTES:** Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase.



### 2ND PLAY PHASE: The Game

**OBJECTIVE:** To stop the opponent's attack, deny chances and win the ball back.

**ORGANIZATION:** Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

**KEY WORDS:** Stay compact, pressure and cover, move with the ball

**GUIDED QUESTIONS:** 1) How can you keep the opponent away from your goal? 2) What should you do when the opponent is attacking up the wing?

**ANSWERS:** 1) Form a block behind the ball, cover the entire field and block the path to the goal. 2) Everyone moves toward the ball. Whoever's closest stops the ball carrier while the others cover.

**NOTES:** Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

# TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve scoring goals

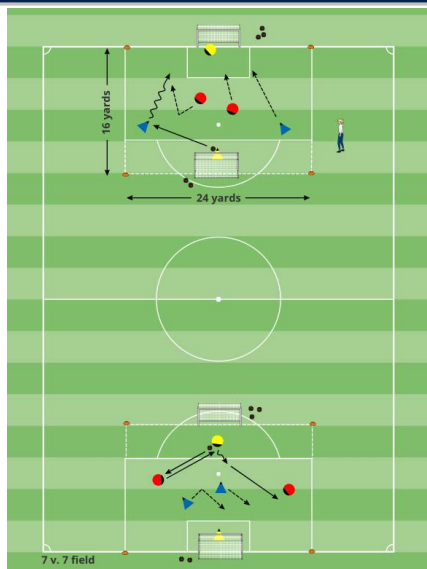
PLAYER ACTIONS: Create 1 v 1s and 2 v 1s, shoot

KEY QUALITIES: Decision-making, reading the game, initiative, technical execution

U9-U10 / 7 v 7 / 14 players

MOMENT: Attacking

DURATION: 90:00 min



## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To score goals.

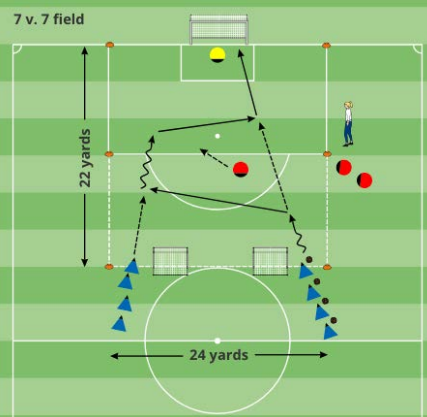
ORGANIZATION: Mark out two 16 x 24-yard fields. Teams play 2 v 2 on goals with goalkeepers. The attacking team's keeper can help build the attack and even score goals. Play for 30 minutes with two breaks.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) When the attackers' keeper helps build the attack, what kind of situation does that create? 2) How can you take advantage of this situation?

ANSWERS: 1) A 3 v 2 with attackers outnumbering defenders. 2) Cover the middle and both wings; use our extra player; don't be afraid to attack 1 v 1; shoot.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



## PRACTICE (Core Activity): 2 v 1 on One Goal with Goalkeeper

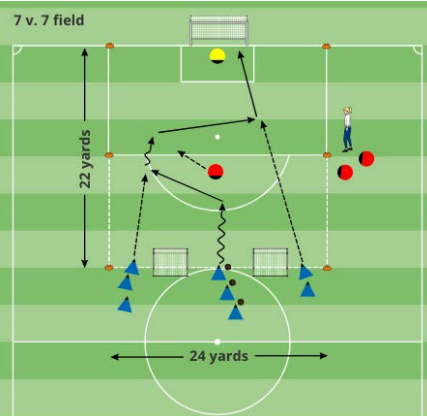
OBJECTIVE: To score goals.

ORGANIZATION: Mark out a 22 x 24-yard field with one goal with goalkeeper and two mini goals. Assign attackers (Blue) and defenders (Red) to starting positions as shown. Players play 2 v 1 until a goal is scored. The defender tries to win the ball and score on the mini goals. Afterward, the next defender starts. Play for 30 minutes with two breaks.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) Why? 3) What do you need to watch out for when you're passing? 4) What could you do instead?

ANSWERS: 1) Dribble forward to tie up the defender, then pass when your teammate is in position to score. 2) That way the defender doesn't have a chance to force the receiver onto the wing. 3) The offside line. 4) Go 1 v 1 against the defender and dribble past.



## PRACTICE (Less Challenging): 3 v 1 on One Goal with Goalkeeper

OBJECTIVE: To score goals.

ORGANIZATION: Same as core activity, except players play 3 v 1.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) Why? 3) What do you need to watch out for when you're passing? 4) What could you do instead?

ANSWERS: 1) Dribble forward to tie up the defender, then pass when your teammate is in position to score. 2) That way the defender doesn't have a chance to force the receiver onto the wing. 3) The offside line. 4) Go 1 v 1 against the defender and dribble past.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

## PRACTICE (More Challenging): 3 v 2 on One Goal with Goalkeeper

OBJECTIVE: To score goals.

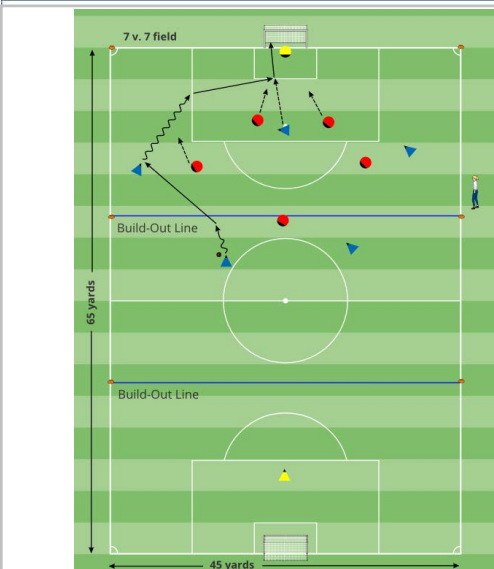
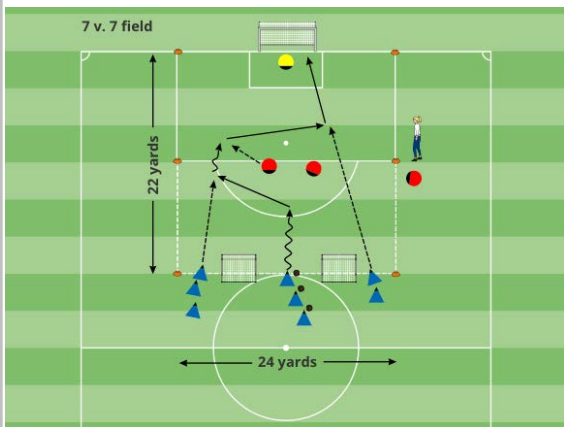
ORGANIZATION: Same as core activity, except players play 3 v 2.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) Why? 3) What do you need to watch out for when you're passing? 4) What could you do instead?

ANSWERS: 1) Dribble forward to tie up the defender, then pass when your teammate is in position to score. 2) That way the defender doesn't have a chance to force the receiver onto the wing. 3) The offside line. 4) Go 1 v 1 against the defender and dribble past.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



## 2ND PLAY PHASE: The Game

OBJECTIVE: To score goals.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How many goals did you score? 2) How did you score them? 3) How can you score more goals?

ANSWERS: 1.-3.) General questions asked to focus players' attention on the principles they have learned (dribble, pass, shoot, create 1 v 1s and 2 v 1s).

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

## Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the players?

## Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

# TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from scoring

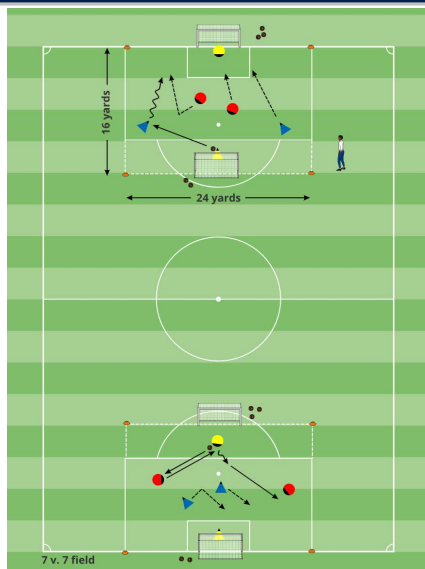
PLAYER ACTIONS: Make it compact, keep it compact, protect the goal

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U9-U10 / 7 v 7 / 14 players

MOMENT: Defending

DURATION: 90:00 min



## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring.

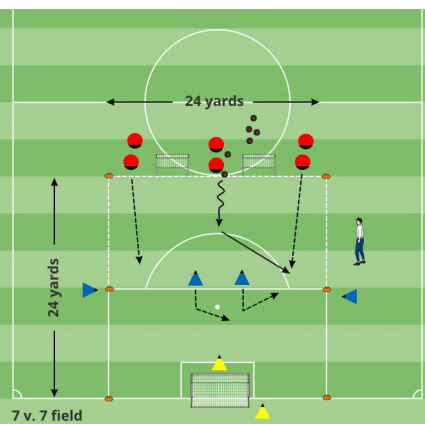
ORGANIZATION: Mark out two 16 x 24-yards fields with goals and goalkeepers. Teams play 3 v 3. The attacking team's keeper can help build the attack and even score goals. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS: 1) When the attackers' keeper helps build the attack, what kind of situation does that create? 2) Defenders, what's your top priority when you're outnumbered? 3) How do you do that?

ANSWERS: 1) The defenders are outnumbered. 2) To defend the goal. 3) Quickly get behind the ball, block the direct path to the goal, force attackers outside and block shots.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



## PRACTICE (Core Activity): 3 v 2 on One Goal with GK and Two Mini Goals

OBJECTIVE: To prevent the opponent from scoring.

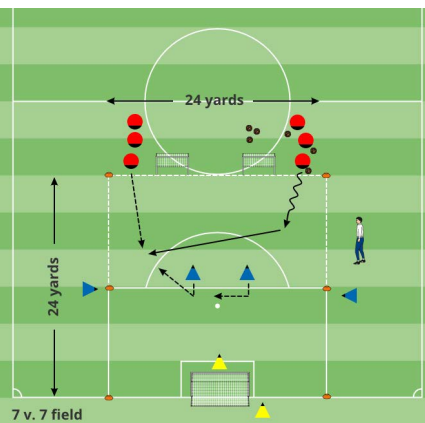
ORGANIZATION: Mark out a 24 x 24-yard field with one goal with goalkeeper and two mini goals. Assign attackers (Red) and defenders (Blue) to starting positions as shown. Teams play 3 v 2. The defenders start out on the 18-yard-line. If they win the ball, they counterattack on the mini goals. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this exercise? 2) How do you do that?

ANSWERS: 1) To defend the goal. 2) Block the direct path to the goal, force attackers outside, move to follow the ball and block shots.

NOTES: Start with the core activity after the first play phase. If it's too difficult, switch to the less challenging activity. If it's too easy, switch to the more challenging activity. Spend a total of 30 minutes in the practice phase.



## PRACTICE (Less Challenging): 2 v 2 on One Goal with GK and Two Mini Goals

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Same as core activity, except teams play 2 v 2.

KEY WORDS: Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this exercise? 2) How do you do that?

ANSWERS: 1) To defend the goal. 2) Block the direct path to the goal, force attackers outside, move to follow the ball and block shots.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.



## PRACTICE (More Challenging): 3 v 2 on One Goal with GK and Two Mini Goals

**OBJECTIVE:** To prevent the opponent from scoring.

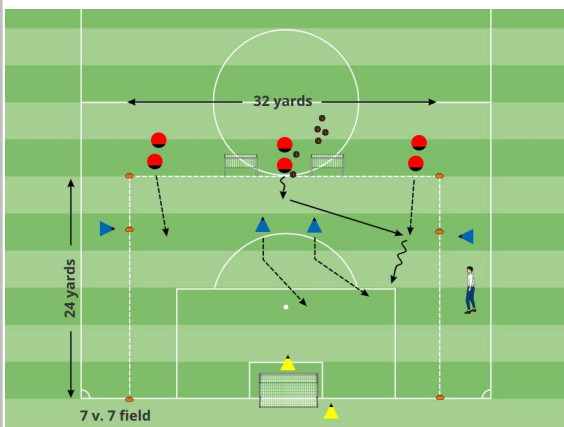
**ORGANIZATION:** Same as core activity, except the defenders start out much closer to the attackers, and the field is extended to about 32 yards wide.

**KEY WORDS:** Stay compact, move with the ball, defend the goal

**GUIDED QUESTIONS:** 1) Defenders, what's your top priority in this exercise? 2) How do you do that?

**ANSWERS:** 1) To defend the goal. 2) Block the direct path to the goal, force attackers outside, move to follow the ball and block shots.

**NOTES:** Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



## 2ND PLAY PHASE: The Game

**OBJECTIVE:** To prevent the opponent from scoring.

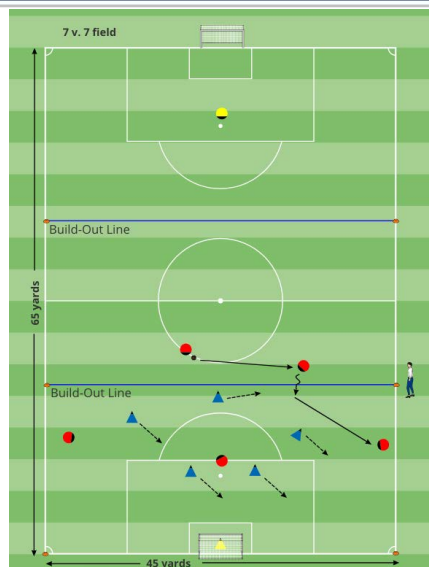
**ORGANIZATION:** Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

**KEY WORDS:** Stay compact, move with the ball, defend the goal

**GUIDED QUESTIONS:** 1) How many goals did the other team score? 2) How did they score them? 3) How could you have stopped them?

**ANSWERS:** 1 & 2) General questions asked to focus players' attention on the principles they have learned. 3) Get compact and stay compact, block the direct path to the goal, force attackers outside, move to follow the ball and block shots.

**NOTES:** Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.



## Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
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4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
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## Training Session Self-Reflection Questions

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2. What did you do well?
3. What could you do better?